

## Mindfulness 101

As we approach the new year, it can be a challenge to navigate mindfully, and with the continuation of the COVID-19 pandemic, it's harder than ever to focus on the here and now. This is where mindfulness can be helpful.

Mindfulness is the practice of purposefully focusing your attention on the present moment — and accepting it for what it is, without judgement. Practicing mindfulness daily has been shown to improve your mind and body, as well as positive changes in overall health, attitude, and behaviors.

While mindfulness may sound intimidating to a beginner, there's a multitude of simple practices you can begin to implement into your routine. Here are a few you can try:

**Basic mindfulness meditation.** Sit quietly, focus on your natural breathing, and allow thoughts to come and go without judgement.

**Body sensations.** When a subtle body sensation occurs, such as an itch or tingling, notice it as it comes. From your head to your toes, take time to notice each part of your body.

**Sensory.** Notice the five senses — sights, sounds, smells, tastes, and touches.

**Emotions.** Allow your emotions to be present without judgment. Accept whatever feelings you may be experiencing, take a deep breath, and let them go.

**Urge surfing.** Cope with cravings (for addictive substances or behaviors) by allowing them to pass. Notice how your body feels as the desire enters and replace the wish for the urge to go away with the sure knowledge that it will subside.

Source:  
<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

Well onTarget®

Questions? Contact us at 1-877-806-9380 or visit [WellonTarget.com](https://www.wellontarget.com) for more information about lifestyle changes you can make to improve your health.